



Mental Health First Aid INFO SESSIONS, TRAININGS & SUPPORT SESSIONS

UPCOMING EVENTS IN 2026

ADULT-TO-ADULT MHFA TRAINING:

(9.30am - 2.30pm)



A 10-hour evidence-based course ideal for adults wanting to learn how to identify and respond to other adults who may be struggling with their mental health. ***9 CME/CPD credit points** from DHA.

- **April 16 & 17** (Thur./Fri.); Online
- **July 23 & 24** (Thur./Fri.); Online
- **May 21 & 22** (Thur./Fri.); Online
- **Aug. 20 & 21** (Thur./Fri.); Online
- **Jun. 10 & 11** (Wed./Thur.); Online
- **Sept. 16 & 17** (Wed./Thur.); In-Person

ADULT-TO-ADOLESCENT MHFA TRAINING:

(9.30am - 2.30pm)



A 10-hour evidence-based course ideal for adults wanting to learn how to identify and respond to teens who may be struggling with their mental health. ***9 CME/CPD credit points** from DHA.

- **April 22 & 23** (Wed./Thur.); Online
- **Sept. 23 & 24** (Wed./Thur.); In-person
- **June 24 & 25** (Wed./Thur.); Online

MHFA REFRESHER COURSE:

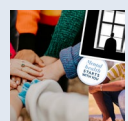
(9.30am - 1.30pm)



A 4-hour online course to re-certify as a MHFAider (accreditation extended for 3 more years). Update and refresh your knowledge, skills, and confidence. Work through complex, real-life Mental Health First Aid conversations, learn best practices to take care of your own mental health, and learn the latest in research.

• Dates TBC

TEEN-TO-TEEN MHFA TRAINING:



A 4.5-hour evidence-based training for teens who want to learn how to understand, identify, and respond to other teens who may be struggling with their mental health.

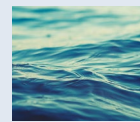
- Sun. **April 19**; (16 - 18 yrs) Online; *1pm - 5.30pm
- Sun. **Sept. 20**; (13 - 15 yrs) In-person; *1.30pm - 5.30pm
- Sun. **May 10**; (13 - 15 yrs) Online; *11am - 3.30pm

IDENTIFY. UNDERSTAND. RESPOND.

The LightHouse Arabia is the only authorized and licensed provider for MHFA training in the U.A.E.

ONLINE MHFA INFORMATIONAL SESSIONS:

(5pm - 5.30pm)

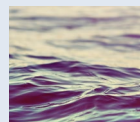


Join us for an informational session to learn more about what Mental Health First Aid is all about, followed by an interactive Q&A session.

- Wed. **April 15**
- Wed. **July 15**
- Wed. **May 13**
- Wed. **August 12**
- Wed. **June 17**
- Wed. **September 16**

ONLINE ADULT MHFA SUPPORT SESSIONS:

(6pm - 7pm)



A monthly support session for accredited Adult Mental Health First Aiders.

- Wed. **April 15**
- Wed. **July 15**
- Wed. **May 13**
- Wed. **August 12**
- Wed. **June 17**
- Wed. **September 16**

Pre-Registration required:

www.lighthousearabia.com/events

***All events are delivered online using the Zoom platform, unless specified as taking place in-person at The LightHouse Arabia (821 Al Wasl Rd, Al Safa 2, Dubai).**



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